

FACE FEEL PUFFY?

JEANS FIT TIGHTER?



In 3 weeks you can:

- Change your sodium palate &
- Start enjoying foods with less sodium
- Reduce bloating

CHANGE

your

SALTY

IN ONLY

21 DAYS

Nutrition Facts	
Serving Size 8 oz. (144g)	
Servings Per Container 4	
Amount Per Serving	
Calories 210	Calories from Fat 100
Amount Per Serving	
Sodium 800mg	20%
Cholesterol 110g	30%
Total Fat 15g	25%

Learning to read & understand food labels can help you make healthier choices.

WAYS

[heartcheckmark.org](http://heartcheckmark.org)



Look for the Heart-Check mark to find products that can help you make smarter choices about the foods you eat.

## WEEK ONE

Breads & Rolls

Cold Cuts & Cured Meats

- Look for lower sodium items
- Track your sodium consumption
- Log how much sodium you've shaved out of your diet

## WEEK TWO

Pizza

Poultry

- If you do eat pizza, make it one with less cheese & meats
- Add veggies to your pizza instead
- Use fresh poultry rather than fried, canned or processed

## WEEK THREE

Soups

Sandwiches

- One cup of chicken noodle soup can have up to 940 mg of sodium
- Check labels & try lower sodium varieties
- Use lower sodium meats, cheeses & condiments & plenty of vegetables to build healthier sandwiches

On average, American adults eat more than 3,400 milligrams of sodium daily – more than double the American Heart Association's recommended limit.



1,500mg  
recommended  
sodium intake

3,400mg  
average  
sodium intake

## KNOW THE SALTY 6

Common foods that may be loaded with excess sodium:

- 1 Breads & Rolls
- 2 Cold Cuts & Cured Meats
- 3 Pizza
- 4 Poultry
- 5 Soup
- 6 Sandwiches



Choose wisely, read nutrition labels & watch portion control.



American  
Heart  
Association

American  
Stroke  
Association

life is why™